

Roasted Red Pepper and Walnut Dip

Ingredients:

- 2 slices firm white bread, torn
- 1/2 teaspoon ground cumin
- 1/8 teaspoon ground red pepper (cayenne)
- 4 medium red peppers
- 1 tablespoon olive oil
- 2 tablespoons raspberry vinegar
- 1/2 teaspoon salt
- Toasted pita triangles
- 1/2 cup walnuts



DIRECTIONS: Preheat broiler if manufacturer directs. Line broiling pan with foil. Broil peppers at closest position to source of heat, turning occasionally, 10 minutes or until charred and blistered all over. Remove from broiler. Wrap foil around peppers and allow to steam at room temperature 15 minutes or until cool enough to handle.

Meanwhile, turn oven control to 350 degrees. Spread walnuts in metal baking pan and bake 8 to 10 minutes, until toasted. In 1-quart saucepan, toast cumin over low heat 1 to 2 minutes, until very fragrant.

Remove peppers from foil. Peel off skin; discard skin and seeds. Cut peppers into large pieces. In food processor with knife blade attached, blend walnuts until ground. Add roasted peppers, cumin, bread, raspberry vinegar, olive oil, salt, and ground red pepper; blend until smooth. Transfer to bowl. Cover and refrigerate if not serving right away. Remove from refrigerator 30 minutes before serving. Serve with toasted pita triangles.

NUTRITION INFORMATION per 1-tablespoon serving:

Calories: 25

Fat: 2g

Cholesterol: 0mg

Sodium: 40mg

Recipe from: www.fitnessandfreebies.com. (This recipe is no longer available at this link, but a different roasted red pepper and walnut dip may be found at www.foodnetwork.com)